



## **Physical Activity for Young Children & Their Families**

**February 26, 2015**

**1:00 pm – 3:30 pm**

Del Norte Family Resource Center  
494 Pacific Avenue, Crescent City

### **Agenda**

#### **Meeting Objectives:**

- Learn multi-level physical activity recommendations and strategies for preschool age children.
- Learn how to use NEOP approved resources to promote PA for preschool age children
- Learn innovative approaches to educate parents/families about physical activity.

#### **I. Welcome & Introductions**

#### **II. Early Childhood Physical Activity Recommendations**

- Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC)

#### **III. Physical Activity strategies**

- Increase the quality and quantity Structured PA
- Enhance opportunities for PA during unstructured Play
- Create active environments
- Parent education and outreach

#### **IV. Using NEOP approved PA resources**

- Hands on with Shape of Yoga and Playing for Healthy Choices
- Explore resources from NEOP approved list

#### **V. Educating Parents and Families**

#### **VI. Closing and Evaluation**